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## OMA to give fat slimmest of chances

**Extra health-care costs due to obesity.**

Range from \$2.2 billion to \$2.5 billion a year in Ontario: Association

**By the numbers**

**75%**

Percentage of obese kids who remain obese in adulthood.

\*Source: Ontario Medical Association



**JOHN MATISZ**  
john.matisz@metronews.ca

The Ontario Medical Association has announced plans to take a bite out of the province's obesity problem.

The report, released on Tuesday, calls for urgent actions to curb an "obesity epidemic." According to the OMA, almost a third of Canadian children are either overweight or obese.

By tabling five "aggressive measures," such as increasing taxes on junk food, restricting marketing of fatty and sugary foods to kids, and placing graphic warning labels on pop, the OMA is asking the provincial government to tackle the matter head-on.

Western University's Shauna Burke, an assistant professor in the School of Health Sciences who researches childhood obesity, is "cautiously optimistic" of the report's potential to create change.

She's all for its intentions, but still has her doubts.

"What constitutes junk food and health food?" Burke said. "Will juice and chocolate milk — that sometimes contain more sugars than soda, for example — be considered junk?"

In particular, Burke is wary about the use of graphic label-

ing on unhealthy food items.

"Are there going to be graphic labels on juice? I doubt it," she said.

The OMA says they are using the anti-smoking campaigns of the past as inspiration, since it has helped reduce cigarette usage in Ontario by 30 per cent since the 1960s. An increase in taxation on tobacco contributed greatly to the decrease, the report states.

"We are raising a generation of children that will suffer from devastating and wholly preventable diseases, overwhelm the health system, and die prematurely," OMA president Dr. Doug Weir said in a release.

The increased taxes, marketing regulations, graphic labels, and other recommendations are all "building on the actions Ontario's doctors have already called for," says the OMA. These include making physical activity mandatory throughout high school, requiring menus to list calorie counts, and educating Ontarians about the impact of obesity.

"At the end of the day," Burke said, "whether you have weight to lose or not, targeting these behaviours — being physically active, not taking in so many sugars — is definitely in our health-care system's best interest."

## IT'S ON!

Sluggers Pablo Sandoval of the San Francisco Giants and Miguel Cabrera of the Detroit Tigers are jacked for the start of the World Series on Wednesday night. For a look at this year's Fall Classic, see page 18. PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTOS BY THEARON W. HENDERSON/GETTY IMAGES AND ALEX TRAUTWIG/GETTY IMAGES



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# Budweiser Gardens ad proposal wins support

**Insert logo here.**  
City staff asked to report back on venue's request for bylaw exemption



**ANGELA MULLINS**  
angela.mullins@metronews.ca

City politicians have thrown preliminary support behind Budweiser Gardens' bid to sell gate sponsorships that would land ads on its facade.

The venue has requested an exemption from a city bylaw prohibiting third-party advertisements on buildings. Members of council's public safety committee voted unanimously Tuesday to have city staff look into options for making it happen.

The decision came with a warning from Coun. Bud Polhill that granting an exemption could lead to similar requests from other businesses.

"If we're going to start making changes, and I agree with this, but we need to be inclusive," he said.

Others stressed the importance of keeping the look —

and size — of the ads in check.

"I get where you're going, and some of the stuff is kind of cool, but I am concerned just a little bit about look and feel," Coun. Paul Hubert said after a presentation by Bud Gardens' officials showed examples of gate sponsorships at other venues.

The examples ranged from large electronic billboards to simple text.

"I don't want it to look like Clifton Hill (at Niagara Falls)," Hubert said.

Budweiser Gardens officials say gate sponsorships would generate thousands of dollars a year in new revenue.

The amount generated would depend largely on which gates are involved, they said. Gates 2 and 6 — both on the building's south side — were cited as those likely to be prime real estate.

The issues cropped up earlier this year after a sponsorship was sold for Gate 4, which faces Dundas Street.

City officials contacted Bud Gardens and explained the sign bylaw after receiving complaints.

The venue has not been fined or faced other sanctions for the ad, officials said.



The company that runs Budweiser Gardens has asked for an exemption from a city bylaw banning third-party advertising on downtown buildings. The exemption would allow the venue to sell gate sponsorships to corporations. Gates 6 and 2 are being considered for sponsorship. ANGELA MULLINS/METRO

## In other council news

The public safety committee also discussed graffiti at its meeting Tuesday.

- Forcing people to pick up the tab for removing graffiti from their property is something akin to "double victimization," Coun. Matt Brown says.

- Brown, with backing from council's public safety committee, has asked staff to explore launching a pilot program next spring that would give people a break.
- City staff said there's likely a way to offer free graffiti-removal on a limited basis.

1 NEWS

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## Flu season. Health unit influenza campaign starts this Thursday

The Middlesex-London Health Unit's annual influenza campaign kicks off Thursday with the first of its 14 community-based clinics.

The health unit is reminding residents that the best way to protect themselves against influenza is to get the free annual flu shot.

Community flu clinics are being held in London, Lucan, Strathroy, Ailsa Craig, Dorchester and Glenoe. In addition, the health unit will also offer a special drive-through clinic for people with mobility problems or other conditions making it difficult to attend a community clinic.

The drive-through clinic will be held Saturday from 10 a.m. to 3 p.m. at the health unit's 50 King St. location. It's by appointment only; call 519-663-5317 ext. 2330.

The health unit's immunization clinics continue through Nov. 29 and are of-

### Vaccine



The flu vaccine is available free of charge to all Ontario residents over the age of six months. Each year a new vaccine is created based on recommendations from the World Health Organization.

ferred Thursdays and Fridays from 4 p.m. to 7 p.m. and Saturdays from 10 a.m. to 3 p.m.

The flu vaccine is also available at the 50 King St. location on Mondays, Wednesdays and Fridays, as well as at pharmacies, health-care providers and workplace clinics.

The complete schedule of clinics is available at healthunit.com. **METRO**

## Koats for Kids. Charity drive kicks off in support of Boys & Girls Club

The City of London has partnered with the Boys & Girls Club for its annual Koats for Kids drive.

Clothing articles can be dropped off at various locations throughout the city, including several new locations. In addition, donations can also be dropped off at

London police headquarters, several dry cleaners or the Boys & Girls Club.

The club welcomes donations of new or used kids' coats in good condition, hats, mittens and gloves, boots and snowpants.

The deadline for donations is Nov. 5. **METRO**

### Donations

#### Articles of clothing can be dropped off at:

- City hall (main lobby)
- Market Tower (151 Dundas St. at Richmond)
- Argyle Arena (1948 Wavell St.)
- Stronach Arena (1221 Sandford St.)

- Carling Arena (675 Grosvenor St.)
- Kinsmen Arena (20 Granville Ave.)
- Earl Nichols Arena (799 Homeview Rd.)
- Lambeth Arena (7112 Beattie St., Lambeth)
- Carling Heights Optimist Community Centre (656 Elizabeth St.)

### Drinking and driving

#### London man faces impaired driving charges

A London man has been charged with impaired driving and failing to provide a breath sample after a Middlesex OPP traffic stop early Tuesday in Thames Centre.

Hassan Aluraibi, 25, was released from police custody and is scheduled to appear in a London court on Nov. 20.

**METRO**

### Speeding

#### OPP catch driver clocking in at 212 km/h on 401

A 29-year-old woman from Toronto is facing charges after police clocked her vehicle at 212 km/h on the 401 in Chatham-Kent.

The woman had a six-year-old girl and three-year-old boy in the vehicle with her at the time. OPP says it happened Monday before 2 p.m. while officers were conducting traffic patrol on the 401. **AM980/AM980.CA**



A London Police Department truck sits outside Roberts Research Institute, the site of an explosion at Western University on Tuesday. JOHN MATISZ/METRO

# Western staffer hospitalized after explosion

**Water and rubidium don't mix.** Researcher sustains burns in lab after chemical reaction causes blast



**JOHN MATISZ**  
john.matisz@metronews.ca

A male research technician was rushed to hospital after a chemical explosion inside Western University's Roberts Research Institute on Tuesday.

### Quoted

**"Beyond this person being burnt and dealing with some shock, there's nothing else to worry about."**

Keith Marnoch, Western University spokesperson

At about 3 p.m., there was a minor blast within the medical research facility, said Western spokesperson Keith Marnoch.

The lone person inside the lab, an unnamed staff member, was brought to neighbouring University Hospital. He has sustained burns on one of his hands, which are considered

"nothing too major," according to Marnoch.

"What we had was an experiment going on in a laboratory where a substance named rubidium ... caused a flash explosion limited to the space he was working in," Marnoch said.

The rubidium came into contact with water, a sub-

stance it is highly reactive to.

Roberts was evacuated, as EMS, the London Fire Department and Western's Hazardous Materials Emergency Response Team tended to the victim.

Students and staff were allowed to reenter the facility around 5 p.m. after the air quality in the building was back to its standard state.

"We flushed the HVAC system through the entire building to make sure there were no residual substances floating around in the air," he said, adding there would be no long-term effects in the building.

## Teachers' dispute extends to report cards

Ontario parents shouldn't expect a lot of feedback in the next batch of report cards. Many teachers are being told to keep it short.

The Elementary Teachers' Federation of Ontario has advised its 76,000 members to write only the bare minimum, such as a single sentence.

It's the latest move by teachers' unions to withdraw

voluntary activities in protest of a controversial law that freezes wages, cuts benefits and stops strikes.

Education Minister Laurel Broten said she's asked the union to rescind its "directive," but didn't say whether ETFO president Sam Hammond has agreed to do so.

"Ontario parents deserve to know how their children

are doing at school this fall, not to have their learning progress put in the middle of a dispute that doesn't involve them," she said.

Broten said she spoke to Hammond but didn't reach an agreement over the phone.

Hammond wasn't available for comment, but said in a statement that ETFO's advice conforms with min-

istry policy, which tells teachers to use their "professional judgment" when completing progress reports.

"We've also made it very clear in our advice to members that where students are having difficulties, teachers provide more detailed information to parents through the progress report," he said in the release.

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## Eco-friendly

## Library to hold pesticides presentation

At the London Public Library's Central Branch, Western University professor Jeremy McNeil will be giving a presentation called In Search of Alternatives to Synthetic Pesticides, Oct. 30, from 7 to 8 p.m. **METRO**

## Support reaches \$1M

## London Run for Ovarian Cancer

Tuesday at London Health Sciences Centre's London Regional Cancer Program, organizers of last May's 10th annual London Run for Ovarian Cancer presented a \$180,000 cheque to London Health Sciences Foundation. The total raised over 10 years is over \$1 million. **METRO**

## Smile Cookie

## Children's Hospital receives donation

London's Children's Hospital received a donation of \$197,113 on Tuesday from the annual Tim Hortons Smile Cookie campaign. All proceeds raised from the sale of each \$1 smiling chocolate chunk cookie help Children's Hospital. **METRO**

## Dead body discovered

## Stratford police rule out foul play

Charges won't be laid after the discovery of a man's body in Stratford. Police were called to the former Cooper site Monday afternoon. Police said he died as a result of injuries suffered when he fell from the roof of the old locomotive shop. **AM980/AM980.CA**

## Basketball

## Lightning to introduce team Wednesday

This year's London Lightning team will be introduced at an open media conference at 3:30 p.m. in the Labatt Blue Lounge, upstairs at the Covent Garden Market. Doors open at 3 p.m. **METRO**

## King's and Brescia

## Catholic students conference to be held in London

Thursday to Sunday, students and chaplains from across Canada will gather at King's University College and Brescia University College for the Canadian Catholic Students' Association national conference. **METRO**

# Knights' record improves, but team still a 'work in progress'

**OHL.** London takes five out of possible six points from its weekend games



**JOHN MATISZ**

john.matisz@metronews.ca

Now that they've reached double digits in games played, the London Knights hope their bad habits have fallen by the wayside.

"You always have hiccups at the start of the year," Knights assistant coach Dylan Hunter said.

The second-year whistle-blower is talking about the club coughing up two leads in three games over this past weekend, as well as granting the Sudbury Wolves a pair of 5-on-3 advantages in Sunday's 4-2 win.

"We're still a work in progress," he added.

Despite the obvious growing pains, London has plenty of good to grasp onto from the successful three-games-in-three-nights weekend.

For starters, the 7-3-0-1 Knights walked away with five out of a possible six points.

As well, star Max Domi's point streak was extended to



London Knights defenceman Nikita Zadorov, left, breaks teammate Chris Tierney's stick during a drill in practice at Budweiser Gardens on Tuesday. **JOHN MATISZ/METRO**

11; power-forward Josh Anderson is playing the best hockey of his OHL career; Kevin Bailie and Jake Patterson continue to provide steady goaltending; and rookie Kyle Platzer is show-

ing no signs of putting the breaks on his accelerated start.

Then there's the health of sophomore Brett Welychka, an 18-year-old Londoner who has played right wing on a variety

of lines in the young season. The concussion symptoms he suffered following Friday's 3-2 shootout loss to the Erie Otters have vanished.

Although he was forced to

sit out Saturday for precautionary reasons, the smart five-foot-10, 189-pounder picked up an assist and the all-important insurance goal against the Wolves.

## Canada-Russia Super Series

## Knights invited to junior showcase

Five London Knights will be participating in the Canada-Russia Super Series this fall.

Forwards Max Domi, Seth Griffith, and Ryan Rupert, as well as defenceman Scott Harrington, have been chosen to play for Team OHL in Sarnia on Nov. 12. Four days earlier, rearguard Nikita Zadorov, who hails from Moscow, will skate for Russia in the Guelph-hosted game.

General manager Mark Hunter was a member of Team OHL's selection committee.

From Nov. 5 to 15, a total of six Canada-Russia Super Series games will take place in various junior hockey communities across the country. **METRO**

## Pregnant and New Moms: WANT HELP TO QUIT SMOKING?

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## Dalton dismisses federal run

Dalton McGuinty won't be challenging Justin Trudeau for the federal Liberal leadership.

The Ontario premier has decided to look for challenges outside politics altogether.

"I made a commitment ... both to myself and to some supporters to carefully consider a run for the Liberal leadership for the Liberal Party of Canada," McGuinty told The Canadian Press.

"I've talked it over with family and supporters and I've decided not to run."

McGuinty has been under mounting pressure to run for the federal party's top job



**Dalton McGuinty** THE CANADIAN PRESS

since he shocked the nation last week by announcing his intention to resign as premier.

Some of his closest advisers have put together a cam-

paign team that would have been ready to go this week had McGuinty decided to take the plunge.

Liberals eager for a heavy-weight rival to Trudeau, the prohibitive front-runner, have been urging McGuinty to leap to the federal arena.

A source close to the premier said he's received encouragement from "Bay Street titans, private labour leaders, student and community leaders, particularly by current mayors, former premiers from across the country and two former prime ministers."

**THE CANADIAN PRESS**



## Can quakes be predicted? Court says yes, leaving Italy's experts in fear

Four top Italian disaster experts quit their posts Tuesday.

They said the manslaughter convictions of former colleagues for failing to adequately warn of a deadly 2009 earthquake mean they can't effectively perform their duties.

A court in the quake-devastated town of L'Aquila convicted seven ex-members of Italy's so-called "Great Risks Commission" and sentenced each to six years in prison.

The sentences prompted predictions that experts will be discouraged from working in Italy for fear of similar risks of prosecution.

Commission president Luciano Maiani and two other members resigned, along with a top official for earthquake and volcano risk.

Prosecutors said the de-

**308 killed**

The 6.3-magnitude quake left 308 people dead in April 2009.

- **Failure?** Many experts said the quake wouldn't have caused such extensive damage if buildings had been constructed or retrofitted to meet modern quake-zone construction standards.

endants didn't properly warn town residents of the risk of a big quake following weeks of small tremors.

But scientists have ridiculed the case, saying earthquakes cannot be accurately predicted.

THE ASSOCIATED PRESS

## Abuse case. Disgraced Sandusky sees his new home — a state prison

Jerry Sandusky, the disgraced former Penn State football coach, became a state prison inmate Tuesday.

The 68-year-old was transferred out of the Centre County jail, his home since he was convicted in June of child molestation.

He arrived at the State Correctional Institute at Camp Hill, just outside Harrisburg, Pa., a prison spokesperson said.

At Camp Hill, experts will assess his mental state, physical health and educa-

tion level, and determine whether he needs treatment.

"I have some concerns about his medical needs and we're going to be taking a careful look at that to make sure they're being addressed," said his lawyer, Karl Rominger. Specifically, he said, Sandusky has sleep apnea and uses a so-called CPAP machine.

Sandusky was sentenced this month to 30 to 60 years for sexual abuse of 10 boys over a 15-year period.

THE ASSOCIATED PRESS

# Now Romney's a centrist? Obama says it's 'Romnesia'

## Mitt's new tactic?

Hard-hitting U.S. president accuses the normally hawkish Republican of shifting his positions

U.S. President Barack Obama has come out swinging — again.

The morning after the last televised presidential debate — in which observers say he gave a hard-hitting performance — he accused his Republican challenger Mitt Romney of shifting his positions.

He even joked that Romney was suffering from "Stage Three Romnesia."

"We are accustomed to seeing politicians change their position from four years ago," Obama told a Florida rally Tuesday.

"We are not accustomed to seeing politicians change their positions from four days ago."

Romney presented a more centrist approach to foreign policy during the Monday-night debate.

But the Obama campaign said the Republican's performance showed he is willing to shift from or lose his more conservative positions to satisfy his more mainstream constituents.

The two are neck-and-neck in the race for the White House as they enter the two-week home stretch before Election Day.

During Monday-night's debate, Romney largely expressed agreement with how



Heading in different directions politically: U.S. President Barack Obama and Republican challenger Mitt Romney walk past each other onstage after Monday's presidential debate. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Obama has conducted U.S. foreign policy.

On the violence in Syria, for example, Romney said he would not get the United States involved militarily, even though he wants to find a way to arm the opposition.

He dramatically shifted his position and agreed with Obama that all U.S. forces should be out of Afghanistan by the end of 2014.

Romney previously had criticized Obama for setting such a date for withdrawal,

## Quoted

**"I will stand with Israel if Israel is attacked."**

U.S. President Barack Obama, Speaking out during the Monday presidential debate.

saying he was giving the Taliban insurgency and its al-Qaida allies a date after which the militants could begin a drive to retake the country.

Romney even congratulated Obama "on taking out

Osama bin Laden and taking on the leadership of al-Qaida."

But he added: "We can't kill our way out of this mess. ... We must have a comprehensive and robust strategy."

The most compelling issue in Monday's debate was how to deal with Iran's alleged drive to build a nuclear weapon.


Both candidates underscored their support for Israel against a threat from Iran.

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# iPad Mini priced well above rivals

**Orders start Friday.**  
New tablet 'is not just a shrunken down iPad,' senior Apple exec says

Apple introduced a smaller iPad on Tuesday as expected, and updated its full-sized one. It also unveiled new Mac computers, including a 13.3-inch version of a MacBook Pro with sharper, "Retina" display.

With a screen measuring 7.9 inches on the diagonal, the iPad Mini is about two-thirds the size of the regular iPad. "You can hold it in one hand," said Philip Schiller, Apple's senior vice-president for worldwide marketing. "It's not just a shrunken down iPad. It's an entirely new design."

The iPad Mini starts at \$329 US, which makes it more expensive than rival, seven-inch products — Amazon.com Inc.'s Kindle Fire starts at \$159 US, and Google Inc.'s Nexus 7 at \$199 US.

Advance orders for the iPad Mini and the new full-sized iPad

will begin Friday. They will be available Nov. 2. Two weeks later, a version capable of using cellular networks will go on sale. That's a feature the cheaper, seven-inch tablets don't have.

The new full-sized iPad is an update to the third-generation device that went on sale in March. It has a sharper screen and promises a faster processing chip and faster wireless Wi-Fi connectivity. Prices start at \$499 US.

- A new thinner and lighter version of the 13.3-inch MacBook Pro, with a sharper display, will start at \$1,699 US.
- New iMac feature what looks like a super-thin display screen — but Schiller noted that "there is an entire computer in here."

The iPad Mini, shown in San Jose, Calif., on Tuesday, has a screen about two-thirds as large as the full-sized model.

• A new Mac Mini starts at \$599 US and comes with four gigabytes of RAM.

THE ASSOCIATED PRESS



The iPad Mini, shown in San Jose, Calif., on Tuesday, has a screen about two-thirds as large as the full-sized model.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

## Quick-touch payments. Tim Hortons rolls out Interac Flash

Tim Hortons has joined other Canadian retailers in adding Interac Flash cards to the number of ways customers can make cashless payments at the counter.

The restaurant chain expects more than 2,300 locations across the country to be accepting the wireless touch cards by the end of October.

Rather than adding to a credit card balance, the Interac cards draw down the funds from the customer's bank account. THE CANADIAN PRESS



You may soon be able to get your caffeine fix a little bit faster.  
TARA WALTON/TORSTAR NEWS SERVICE

## London. Conrad Black calls BBC interviewer 'British fool'

Former media magnate Conrad Black has given a combative TV interview on the BBC in which he suggested he could resume his seat in the House of Lords.

In an interview with testy exchanges, Black termed the BBC host a fool and talked about "being able to endure a discussion like this without getting up and smashing your face in."

The former media magnate told BBC Two's Newsnight the U.S. charges that sent him to prison for close to three years

were "rubbish" and that he had been "persecuted half to death." Black, who returned to his Toronto home this year after being released from a Florida prison also suggested he plans to keep his seat in Britain's House of Lords.

But the chat with Newsnight's Jeremy Paxman soon became heated when the host referred to Black as a convicted criminal and Black responded by calling Paxman a "priggish, glib, British fool."

THE CANADIAN PRESS

### Earnings season

#### 3M curtails full-year forecast

3M Co. is reducing its profit expectations for this year because of what it calls "current economic realities."

3M makes everything from Post-it notes and Scotch tape to roofing granules, coatings for LCD screens, and traffic sign coatings. The variety of its businesses and its worldwide footprint make it an economic bellwether. And CEO Inge Thulin said what it's seeing right now is a "slow-growth economy."

THE ASSOCIATED PRESS

### Market Minute

**DOLLAR**  
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Paul Sullivan  
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Figure it out. The average life span lasts about 29,000 days. Might sound like a lot, but that's all you get.

So why would you spend a single one at a Star Trek convention?

The original Star Trek's Captain Kirk, William Shatner, had a lucid moment a few years back when he wondered the same thing.

## Kingdom Klingon

They're so obsessive that the big event of the two-day fest, which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume.

which ended Sunday, consisted of setting the record for the largest gathering of people dressed in Star-Trek-themed costume. The previous record of 1,040 nerds in a room was beat, as 1,083 Klingons, Vulcans and Ferengi came together to ... come together.

One couple really came together, exchanging vows as Klingons, the war-like aliens immortalized by Worf in Star Trek: The Next Generation. They spent their honeymoon at the convention, natch. I can't help but wonder what happens the first time Jossie tries to bite Sonnie (they're both Swedish in real life) on the neck (how a Klingon indicates he or she is interested in sex), and Sonnie says "Not tonight dear, jlwuQ (I have a headache)." The fur will fly, no doubt.

Not only did trekkers (the politically correct version of "trekkie") waste two of their 29,000 to pine for a program that went out of production on May 13, 2005, they spent as much as 3,000 British pounds on a ticket.

To be fair, the damn thing is tougher to kill than a Romulan battle cruiser. J.J. Abrams directs the next movie, which documents the further adventures of a reinvented Captain Kirk, set to open on May 17, 2013, eight years later, almost to the day the series died.

How's that for symmetry? Symmetry is very important when you're a trekkERRRR.

If this keeps up, Star Trek will eventually catch up to its fictional "real time," sometime in the 23rd century. In fact, I'm surprised this has never been a Star Trek episode, as it's right up their alley.

Full disclosure: I used to be a fan, but bailed when the show jumped the shark somewhere between Deep Space Nine and Voyager. But I'd like to think I never thought of Scott Bakula (Star Trek captain #5) as "legendary" or the kiss between Captain Kirk and Lieutenant Uhura as a milestone in U.S. race relations.

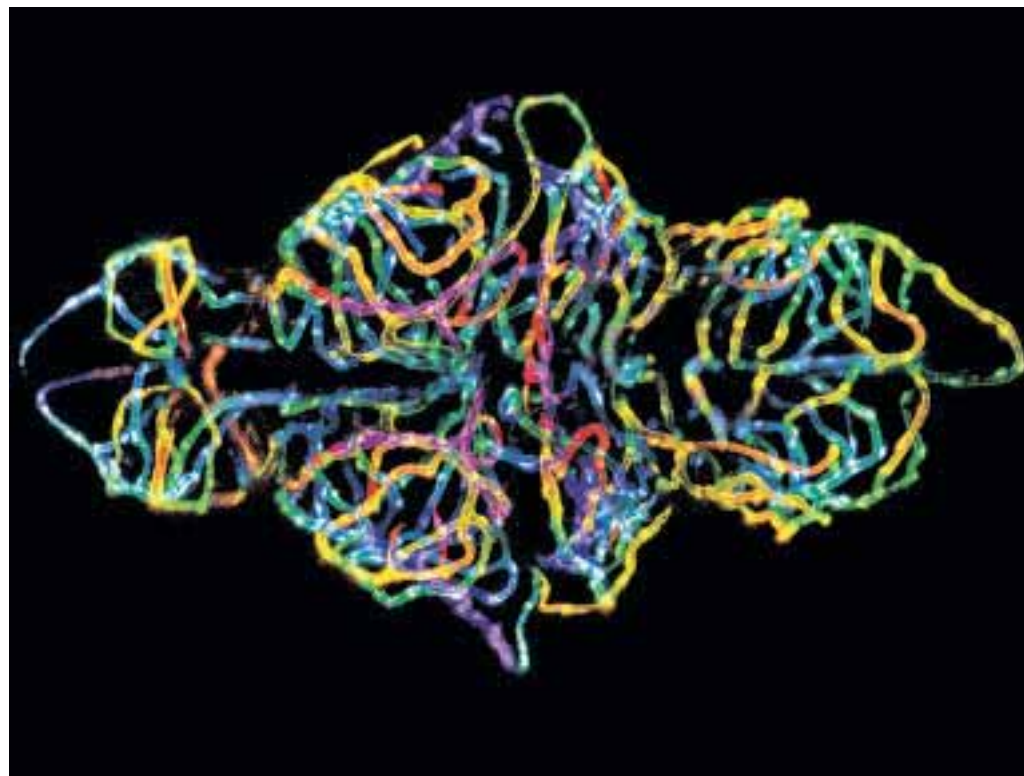
Yes, all the various Star Treks won 31 Emmys. But Frasier won 37 all by itself, and they don't have a Frasier convention every year with 1,000 Jack Russell terriers called Eddie.

At least not yet.



Jossie Sockertopp and Sonnie Gustavsson tie the knot in a Klingon wedding ceremony last weekend in London, England. OLI SCARFF/GETTY IMAGES

# This photo is a little fishy



JENNIFER L. PETERS AND MICHAEL R. TAYLOR/NIKONSMALLWORLD.COM

## Photomicrography

### Fish brain lights up to win contest

A first-ever picture of the blood brain barrier in a live animal has won this year's Nikon Small World Competition, which recognizes excellence in photography taken through a microscope.

The blood brain barrier in a live zebra fish embryo was made by Jennifer Peters and Michael Taylor at St. Jude Children's Hospital in Memphis, Tenn. **METRO**

## Q & A

### This is a photo first

#### Can you describe the photo?

This image is of blood vessels from the brain of a live zebra fish larva. Using a fluorescent protein, we labelled the vessels that make up the blood brain barrier. As the colour changes from red to yellow to green to blue, the vessels are going deeper into the brain.

#### How is this image important in science and art?

This is the first time the entire blood brain barrier has been imaged in a live animal. I believe that new models of the blood brain barrier, such as the zebra fish shown in our image, may lead to new treatments for central nervous system diseases that disrupt the BBB: neurodegenerative disorders, brain tumours and strokes, to name a few. Esthetically, it's absolutely stunning.



**MICHAEL TAYLOR**  
Biology researcher

## Science explained

### What's a blood brain barrier?

This defensive barrier is a group of cells that let nutrients and other necessities move between blood vessels and the central nervous system, while keeping bacteria out of the brain's region. **METRO**

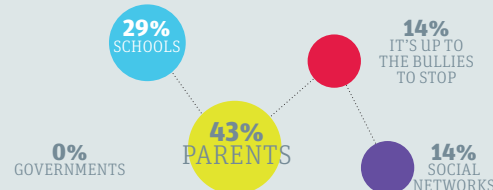
## Online

See all submissions in our gallery at metronews.ca



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### Who should lead the charge in the fight against cyber-bullying?



## Twitter

### @CourtinCanada:

Wow listening to the new @Great\_Big\_Sea album is really taking me back! I met the best people at their shows :)

### @elizabethfilia:

How am I supposed to study when I know a holiday that involves drinking AND dressing up is approaching????

### @n03114:

Gunna be doing homework till 5

am #CollegeLife #fanshawe #interiordesignstudentproblems

### @emsots:

little kids wearing #westernu sweaters make me smile :) #futuremustang

### @rouquinne:

Hey OntMedicalAssoc, how about getting mfctrs to stop putting sugar IN food & eliminating "food deserts" like the one in downtown #LdnOnt?



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# 'I was James Bond'

**London.** Reporter plays 007 for a day, scaling an arena, drinking martinis and scoring a Bond girl

**ANTHONY JOHNSTON**  
Metro World News

As a copy editor, I'm a stickler for, well, everything: words, grammar, facts ... and movie trivia. I know a thing or two about James Bond (his dad was Scottish and he has a drink every 24.3 minutes, for example) but I never pictured myself as 007.

In fact, no one has pictured me as 007. At six-foot-six and close to 275 pounds — counting my bushy beard and hair — I am closer to jaws in stature and have as much experience with firearms as Money Penny (none). Despite all this, I took up the mission of Be Bond for a Day to see if I could masquerade as a secret agent.

## Cut and shave à la Bond

To be Bond, you have to look the part. So that means a respectable tuxedo — Moss Bros. of King Street, Covent Garden fixed me up — and an all-out makeover. At traditional barbers Murdock London (Liberty department store, Great Marlborough Street, London), they specialize in slick side-parting styles and wet shaves with cut-throat razors.

Prepared, I whip out a photo of Sean Connery in Dr. No — it's the look I want. My barber Alex Glover applies lashings of exfoliating creams and several

**Exclusively online**

Anthony Johnston dresses as James Bond, climbs the O2 and drinks martinis. Watch the video at [metronews.ca/scene](http://metronews.ca/scene)



Licence to Thrill: Anthony Johnston, a.k.a. James Bond, in front of the iconic O2 Arena in London. Inset, Anthony as Daniel Craig taking care of an adversary. NICK CUNARD

hot towels to my face before diving into the mossy bush on my cheeks and atop my head.

The result is pure, pomaded Sean. I am now ready to climb a building.

## Johnston, Anthony Johnston

In The World is Not Enough, 007 lands atop London's O2 arena after falling from an exploding hot-air balloon. Forgetting to bring my exploding hot air balloon, I sign up for the site's latest attraction Up at The O2, a 190-metre open walkway that stretches over the roof.

Attached to a harness, visitors scale the tensile fabric path, which at its steepest has an incline of 30 degrees, and finally rest at the observation deck — 52 meters above ground level. (The equivalent of 27 Sean Connerys and one Nick Nack, stacked up tall.)

Vertigo nearly kicks in. But if you're like Bond and walk with purpose — as fast as you can — at the top you're rewarded with the spectacular skyline of London's Canary Wharf financial district.

You'll also have a good view of your fellow climbers, some

of them, ahem, Bond girls.

Despite my tux, they were reluctant to pose with me. But after I donned a Daniel Craig mask, they rushed in, and one bloke even let me shoot him with my fake gun. Skyfall cost millions. All I needed to become a star was a \$5 sheet of thin cardboard.

And after this high climb, a stiff drink.

## An Evening with Vesper

Ian Fleming coined the phrase "A Martini. Shaken, not stirred" at Duke's Hotel (St. James's Place, London), in the city's Mayfair district. It boasts a sumptuous and refined bar where hedge fund managers and art gallerists — and occasionally a dashing 007 double — sip cocktails well into the night.

No sooner had I arrived at this quaint bar than the head barman Alessandro Palazzi, in his pristine white tuxedo, whisked me to my corner table. After glancing at my own attire, he kindly says to me: "You'll want to have The Vesper."

For novices among you, The Vesper — a powerful concoction of gin, vodka, bitters and

Lillet blanc aperitif wine — is regarded as the "true" 007 Martini, as it is mentioned in Ian Fleming's first Bond novel, Casino Royale. Alessandro makes it with three measures of No. 3 Gin (from London-based Berry Bros.), one measure of Potocki Polish vodka, one of Lillet Blanc and two dashes of Angostura bitters, topped off with a slice of orange peel. Alessandro's preparation of the drink before my eyes was tantalizing — the taste, intoxicating. Dry, rough, smooth, potent, invigorating and \$27.70 — it had as many qualifiers as it had ingredients.

My lips and mouth had been shaken and stirred.

## And finally, the Bond girl

With Vesper flowing through my bloodstream, it was high time I got to work. The mission? Chat up more potential Bond girls. Armed with a feigned ego and innuendo-filled one-liners that would embarrass M, I headed for the aptly (and worryingly) named Dirty Martini (11/12 Russell St., Covent Garden, London).

At first I was blown off and berated, even slapped at by a woman who said, "I'm too

dirty for you." Burned, James, burned. Maybe some Bondian pick-up lines would work?

"Hi," I said, smolderingly, to the fair-skinned girl with delightful auburn hair. She asked if I was American, to which I replied, "No, I'm Irish." (I really should have followed with, "Like Pierce Brosnan!") Then I stood there mute, a case of stage fright. The woman left, forgetting all about me.

Us spies call this "pulling a Lazenby," a.k.a. "dying another day."

## The big finale

Like any good Bond movie, this one has an explosive ending. Channelling my inner-Craig, I used one last pick-up line on two fine birds — "Explain this to me," it goes, "How come two gorgeous ladies like yourselves walk in and nobody tells me about it?"

They laughed — the good kind, mind you — and soon, I was chatting up someone who looks curiously similar to Eva Green as Vesper Lynd in Casino Royale. She even sat in my lap.

Was she on a Be a Bond Girl mission herself? That's for my eyes only.

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# Blurring the line of fantasy and reality

**New film.** Silent Hill: Revelation 3D follows a long line of movies that explore the idea of living in alternate realities



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

In the song *Bohemian Rhapsody*, Freddy Mercury poses questions that must have passed through the minds of many movie characters. "Is this the real life? Is this just fantasy?"

Over the years in movies, like *12 Monkeys*, filmmakers have used the idea of an alternate reality, a variation of a real place, but turned by 180 degrees, to tell their stories.

For example, in this weekend's *Silent Hill: Revelation 3D* a teenager, (Adelaide Clemens), stumbles into her town's dark side when she crosses over into an alternate reality — the ultimate bad side of the tracks. It's a hellish, but vaguely familiar place where she finally comes to understand the night-



Adelaide Clemens stars in *Silent Hill: Revelation 3D*. HANDOUT

mares that have tormented her since childhood.

One of the most famous filmic alternate realities appears in *It's a Wonderful Life*, starring Jimmy Stewart as George Bailey, a man who is shown what would have

happened to the town of Bedford Falls had he never been born. In that world, the idyllic small town turned into a tough, unfriendly place called Pottersville, where George's friend Violet is a stripper, his uncle is in an in-

sane asylum and his wife is a spinster. "Strange, isn't it?" says his Guardian angel Clarence. "Each man's life touches so many other lives. When he isn't around, he leaves an awful hole, doesn't he?"

Bill Murray learns about

self-redemption via alternate realities in two films. In *Scrooged*, he's a cutthroat television executive taken to the past, future and alternate present by three spirits who teach him about the spirit of Christmas. After his strange

## Quoted

**"One of the most famous filmic alternate realities appears in *It's a Wonderful Life*, starring Jimmy Stewart as George Bailey."**

journey, he says, "I was a schmuck, and now I'm not a schmuck!" *Redemption*.

*Groundhog Day* has Murray as a grumpy weatherman sent to the small town of Punxsutawney, Pennsylvania to report on whether or not the weather predicting groundhog Punxsutawney Phil sees his shadow. He hates the gig until the day he wakes up and realizes he is doomed to live the same day over and over again. His trip to the alternate reality teaches him to make the most of everyday.

Finally, the alternate reality in *Being John Malkovich* was a more confined place. Craig, played by John Cusack, finds a portal that leads into John Malkovich's brain, where, he says, "You see the world through John Malkovich's eyes. Then, after about 15 minutes, you're spit out into a ditch on the side of the New Jersey Turnpike!"

## New book. The devil is sadly missing from the details in a classic horror movie

**LIZ BROWN**  
liz.brown@metronews.ca

When *The Devils* was unleashed on the world in 1971, the film's mix of sex, religion and violence disturbed many people, including a boy in Nova Scotia who would eventually become a Toronto film critic.

"I was too young to see it. I remember that it unsettled me to such an extent that I thought that on the list of movies I'll never watch again, this is probably one of them," says Richard Crouse

of his early experience with the still-controversial movie by English film director Ken Russell.

"Years later, I became a Ken Russell fan. I went back and revisited it and realized that I was just too young the first time I saw it and that it is a masterpiece," says Crouse.

In 2010 Crouse hosted a Q&A session with Russell, who was making a special appearance at the Bloor Cinema for a screening of *The Devils*. As the 83-year-old slowly made his way to the stage, 950 moviegoers jumped to their feet cheering

"At that moment, I thought, there's enough interest here and enough of a story that I think this will make a great book," says Crouse.

And so it has. Earlier this month, Crouse released his book *Raising Hell: Ken Russell and the Unmaking of The Devils*, which details the creation of the film and the controversy that surrounded it.

*The Devils* is based on a true tale of demonic possession in 17th-century France.

Russell went about weaving a script that included plenty of nudity, graphic tor-

ture scenes, and masturbation with religious icons. Warner Brothers backed the project.

"*The Devils* was a mainstream movie when it came out. It wasn't some weird thing that would be shown at midnight in one theatre in Greenwich Village," says Crouse.

Before it reached the public, though, Russell's imagining was hacked by censors. Why this film has been relegated to a footnote in pop culture consciousness was a question Crouse set out to answer.

"Why is it that not even

two years after *The Devils* came out *The Exorcist* — with a young girl masturbating with a cross — it's accepted and re-released and celebrated?"

"In the *Exorcist*, good ultimately triumphs and that left people with this good feeling at the end of it. So that's why that movie gets by with virtually no cuts."

In contrast, *The Devils* leaves viewers with a feeling of despondency. "I think it was a reflection of the troubled, unsettled times and maybe people straying a little bit from the church."



**Raising Hell: Ken Russell and the Unmaking of The Devils is now available.** HANDOUT

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## Lohan refutes dad's alcohol allegations

Lindsay Lohan apparently isn't too worried about dad Michael Lohan's hopes to put the troubled actress under a conservatorship, according to Hollycoop.

"No judge would buy it," Lohan reportedly told friends. "[The judge] would have a hard time believing the claims of someone who was investigated for insider trading, arrested for domestic violence multiple times,

arrested for assault, has a drunk driving arrest and has been in and out of jail and prison for years." Lohan also insists that emails her dad provided to TMZ showing that her management team agrees that she's fallen off the wagon are all fabricated.

Michael, meanwhile, claims that his daughter is drinking up to a "bottle and a half" of vodka per day and using cocaine again.

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## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



### Timberlake provides own entertainment at wedding reception

A benefit of marrying someone like Justin Timberlake? Some high-quality serenading at the reception.

That's exactly what new bride Jessica Biel got during the couple's wedding

celebration in Italy last week, when Timberlake reportedly grabbed the microphone to unveil some new material, according to Us Weekly.

"Justin performed one song at the wedding," a source says. "It's a new one that he hasn't released yet. He dedicated it to Jessica."

Guests were also treated to some other Timberlake hits from the DJ, Roots drummer Questlove, who "played a bunch of Justin Timberlake songs, but no 'NSYNC," the source says.

METRO WORLD NEWS



Fergie

### Meth and paranoia — Fergie talks about sobering up

A paranoia-filled visit to church one day was what it took for Fergie to clean up and quit using drugs, she tells Oprah Winfrey in an interview. "I started getting really paranoid, so I went one day into this church and I thought that the FBI and the SWAT teams were outside the church," says the singer, who says she started taking drugs

— including crystal meth — in her teens. "I said, 'All right, if I go out and the FBI and the SWAT team's not out there, then it's the drugs and I'm stopping.'" There were in fact no law enforcement officials waiting for her, and she kept her promise to herself and sobered up. Fergie didn't, however, specify exactly when all of this happened.

### Twitter



@ABFalecbaldwin

Please be safe in Hawaii, @IrelandBBaldwin . Avoid the sharks. The ones wearing flip flops, Ray Bans and carrying a Budweiser.



@TheEllenShow

I'm so happy for Adele and her new baby boy, who just heard the best version of "Twinkle Twinkle Little Star" ever.



@JessicaSimpson

Long day at work. Too lazy to wash my face off before bed! Nighty Night



@SteveMartinToGo

I'm thinking of becoming a motivational speaker. But I'm not sure. Should I? Maybe yes, maybe no. Undecided. Kinda thinking about it.



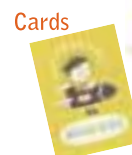
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# What up, Playa?

Not far from Cancun (and with a little more class), it's Playa del Carmen

CASSANDRA GARRISON  
Metro World News

One of the fastest developing vacation spots in Mexico, Playa del Carmen is the perfect destination for everything from family getaways to bachelor parties. Many American entrepreneurs have found Playa to be an ideal location for starting a business, making it a smart choice for those who aren't fluent in Spanish or don't want to sacrifice the comforts of home. With direct flights into nearby Cancun and temperatures remaining in the 20s, Playa del Carmen offers an easy, affordable escape from the increasingly chilly air.



Who needs Cancun when you've got Play del Carmen? THINKSTOCK

## Stay

There are countless all-inclusive resorts nestled along the beaches leading into the city, but for a more unique experience, opt for a downtown location for your home base like the Acanto Boutique Hotel (16 Norte bis, 1-888-331-2177). Sitting along a shaded cobblestone street, this hotel offers travellers spacious suites that lend themselves to longer stays. The private rooftop decks, equipped with barbecues and hot tubs, afford stunning beach views and breathtaking night skies. Acanto is close to Quinto Avenida (or Fifth Avenue, as it's known to tourists) and steps to Playa's many beach clubs, where you can lounge along the shore.



## Play

The sprawling lounge chairs and couches at Zenzi Beach Club (on the beach at 10 Street, 984-803-5738) make it hard to resist a pina colada, day or night. People-watch while you sit back and sip your way to relaxation.

If you're a cigar enthusiast, visit the quaint Cigar Factory on the corner of Fifth Avenue and 16 Street, where elderly cigar rollers will be hard at work at a table in the window.



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# Little Crete village still cashing in on its rep as a destination for hippies

**Matala.** Explore the caves where Joni Mitchell stayed, or just enjoy the beach and laid-back vibe of this little fishing spot

In one of Matala's ancient caves Joni Mitchell had a bad night's sleep.

But which one?

The Canadian folksinging icon joined a wave of hippies from around the globe that washed ashore at this village on Crete's south coast in the late-1960s. A key attraction: the sandstone caves at the north end of the beach that provided free accommodation.

In published photos of the time, the hippies look as if they've occupied some bizarre prehistoric hotel as they lounge outside their cliffside dwellings.

These days swimsuit-clad tourists clamber up ledges on the cliff to explore the caves all day long. Access is free.



Hippies made these caves famous. PHOTOS: MICHAEL FUHRMANN/THE CANADIAN PRESS

"The fact that Joni Mitchell was here, and all the hippies, I think it makes Matala an attraction for the tourists," says Luigi Sirianni, 32, one of several vendors who set up tables

of handmade jewelry every day on the beach.

More than four decades after the hippy invasion, this Greek village continues to cash in on the 1960s legacy that has



Handmade jewelry sold on the beach adds to the hippy vibe.

become its brand.

Swirly, psychedelic-style images are painted on roads and laneways. Gift shops do a brisk trade in flower-power stickers, and T-shirts adorned with

peace symbols.

On a warm Saturday night in late-September, a barefoot musician sat cross-legged on a platform outside a cafe as he performed on electric sitar,

harmonica and Apple laptop before an appreciative crowd.

"Business here is very good, and anyone who says it isn't is lying," says Voula Hristodoylaki, 52, who has owned a bookshop here for 30 years.

"It's not tragic everywhere in Greece like they say on TV," she says, referring to the country's depressed economy and weakened tourism industry.

A three-day festival with round-the-clock music drew over 50,000 visitors to Matala this past June. Inaugurated in 2011 as a hippy reunion, the event will be staged annually, organizers say.

Mitchell immortalized her stay here in her 1971 hit song Carey: she said her fingernails were filthy, she had beach tar on her feet and she missed her clean white linen and "fancy French cologne."

"The wind is in from Africa, last night I couldn't sleep," the song begins.

Well, no wonder. Try sleeping on hard rock in a dusty tomb.

THE CANADIAN PRESS

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# Chorizo sausage steals spotlight in roasted chicken with root vegetables

Sometimes it's best not to over-think things — as in this basic roasted chicken, a take on a simple French classic.

Everything is just tossed into a pot, put in the oven and ignored until done. The recipe calls for a cast-iron Dutch oven. These really are indispensable for making all manner of roasts and stews.

And they are as happy on the burner as in the oven

(where, when covered, their heavy lids seal in moisture).

The most unique aspect of this recipe is the use of chorizo.

At its most basic, chorizo is a sausage made from chopped or ground pork and a ton of seasonings, often including garlic.

The flavours are deeply smoky and savoury, with varying degrees of heat.

Most are assertive and pesty, but not truly spicy.

## Ingredients

- 1 tsp garlic powder
- 1 tsp kosher salt
- 3- to 4-lb whole chicken
- 1 tbsp olive oil
- 1 lb cooking chorizo, casing removed and discarded, meat finely chopped
- 4 sprigs fresh thyme
- 3 sprig fresh rosemary
- 1 medium yellow onion, quartered
- 12-oz bag baby carrots
- 1 lb new potatoes
- 1 lemon, quartered
- 6 cloves garlic, peeled but left whole
- Ground black pepper, to taste

1. Heat the oven to 350 F.

2. Combine the salt and garlic powder, then rub the mixture over and under the skin of the chicken. Set aside.

3. In a 5 1/2-quart (or larger) Dutch oven over medium-high, heat the oil. Add the chicken and sear for 5 minutes per side. Transfer the chicken to a plate.

4. Add the chorizo to the pan, then sauté for 4 minutes. Add the thyme and rosemary. Heat for 30 seconds.

5. Return the chicken to the pan, breast up. Arrange the onion, carrots, potatoes,

Roasted chicken with chorizo and root veggies



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

lemon and garlic around the chicken, then place the lid on the pot. Transfer to the oven and roast for 45 minutes, or until the breast reads 160 F on an instant thermometer. Transfer the chicken

to a platter and tent with foil.

6. Use a slotted spoon to transfer the vegetables and chorizo to a serving bowl. Cover to keep warm. Discard the lemon quarters and any herb stems.

7. Place the pot over medium heat and bring to a boil. Cook until reduced and thickened, about 3 to 4 minutes. Adjust seasoning with salt and pepper. Serve the sauce drizzled over the chicken. THE ASSOCIATED PRESS

## Drink of the Week

### Pinnacle Pumpkin Cider

It doesn't get more autumn than pumpkin pie and cider, and this drink combines the best of both worlds. It also adds a splash of lemon for a tart taste.

- 2 parts Pinnacle Pumpkin Pie vodka
- 1 part apple cider
- A splash of fresh lemon sour soda

Shake the vodka, apple cider and lemon sour with ice.

Strain into a caramel-swirled glass and garnish with an apple slice.

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Fruitopi S/B Passion	\$1.47 H
Yogurt Balkan 750G	\$1.97
Cheez Whiz 500G 6810001026	\$4.99
Ice Cream Fr/Van 2L	\$4.99
Juice Orn 200ML 10 PK	\$1.97
Del Whl Cart	6000047200 \$0.77
Primo Sce	5590000662 \$0.77
Flakesof Ham	6310023150 \$0.97
Real Mayo	6840066260 \$4.49
Ormpo Bttry	5880748603 \$2.99
Fleecy Sheets 80EA	\$4.69 H
Maxx Multi Cat 7KG	\$7.49 H
SUBTOTAL	\$37.56
TOTAL TAX	\$1.77
<b>TOTAL</b>	<b>\$39.33</b>
TENDER	\$39.33
CHANGE	\$0.00

NUMBER OF ITEMS 12

09/20/12  
15:26:38

## WAL-MART

STORE #3115  
WINDSOR ONTARIO

FR STRAWB	005960007017	\$1.97 J
PLAIN YOG 6	006820075015	\$2.97 D
CHEEZ WHIZ	006810001022	\$5.17 D
CH PRE FRVAN	006294200022	\$5.87 D
MIN MAID OJ	005960001006	\$2.47 D
DM CARROTS	006000047200	\$1.37 D
PRIMO SAUCE	005590000662	\$1.47 D
FLKS HAM	006310023150	\$2.17 D
MAYO	006840066260	\$5.17 D
ORV MOVIEBTR	005880748603	\$3.47 D
FABRIC SOFT	005800000366	\$4.97 J
CAT LITTER	007023011686	\$7.98 J
SUBTOTAL		\$45.05
HST 13%		\$1.94
<b>TOTAL</b>		<b>\$46.99</b>
TENDER		\$46.99
CHANGE		\$0.00

# ITEMS SOLD 12

09/20/12 14:30:34

FreshCo.com

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These receipts show identical items that were purchased at each respective store. The items we've selected include commonly purchased products. The specific store locations, dates, and times at which the purchases were made are shown on each receipt.



# Is it the perfect place for your pursuit?

**Education or the elements?** The program sounds great, but what about its whereabouts?

DANIELLE LORENZ  
TalentEgg.ca

You've been doing your research to apply to grad schools — looking at the school, the program, the faculty, its facilities and services, its reputation and its academic requirements.

However, one thing you must also do your research on is the location of your program.

Many students tend not to consider how much liv-

ing in a certain city will cost, and that should be almost as important as the school itself, since those costs are very much linked together. Since you will be spending anywhere between 12 and 24 months as a full-time student at these schools, you need to consider the city the school is located in as well.

## Climate

Let's say you abhor all things snowy and cold. Even though the University of Alberta and the University of Manitoba have programs that suit your research interests, how well are you going to be able to cope with temperatures that can be as low as (and sometimes even colder than) -40C?

Similarly, if you detest rain, the University of British Columbia or McMaster University won't be good choices for you.

## Cost of living

Although the climate and temperature can have a lot to do with how you will enjoy the city, you need to also examine the cost of living.

Because some locales are more isolated or have shorter growing seasons, groceries can be much more expensive in some areas over others. However, in smaller towns, there is often less variety and it can be more difficult for you to purchase specialty foods.

In other cities, the climate is great, or it is close to major financial or cultural centres, so the cost of living there is much greater than other places within Canada.

## Moving costs

One of the last things you

## Transportation

### En route to education

- Something else to consider is the cost of transportation within different cities: do you have a transit pass included in your tuition, or do you need to pay for a monthly pass? Do you have a car and do you need to pay for gas, parking and maintenance?
- Similarly, if you live in a large city, car insurance has a tendency to cost more than if you were in a smaller community.



Consider whether your new place to study will have you concentrating more on cash flow than your credits. ISTOCK

should consider is how much it will cost you to move to this new city. If you are moving cross-country, the cost of renting a vehicle to bring all of your stuff can be upwards of \$10,000 or more. This can include the rental of a truck/trailer, insurance, a fee per kilometre you drive, the cost of gas, the fees issued by the rental company to drive their vehicle back, as well as buying food and renting a hotel room.

If you opt to bring only the essentials with you, furnishing an apartment can be expensive as well. If you only plan to live in that city for the length of your program, perhaps it's more worthwhile to live in residence for some of the time.

However, Zac Spicer, a PhD student in political science at

Western University in London, Ont., makes a great point when it comes to accessing what the location of your prospective school may be: "Location should be the last consideration of anyone applying to grad school, but it does obviously play a role in deciding where to go. ... I would caution anyone from letting this factor be the deciding one. Look at what the school offers, then consider the location."

DANIELLE LORENZ IS A PHD STUDENT IN THE EDUCATIONAL POLICY STUDIES PROGRAM AT THE UNIVERSITY OF ALBERTA, WITH A FOCUS IN THEORETICAL, CULTURAL AND INTERNATIONAL STUDIES IN EDUCATION.

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# Farrell says he asked Jays about Boston job last year

**MLB.** New Red Sox manager insists he was always committed to job in Toronto

New Boston manager John Farrell said that he was always "candid and honest" with the Toronto team brass about his interest in the possibility of taking on the skipper's role with the division rival Red Sox.

Farrell, who was formally introduced by the Red Sox on Tuesday, said he spoke with Blue Jays general manager Alex Anthopoulos and team president Paul Beeston after interest was expressed a year ago.

"When it came up again this year on the heels of two very extensive conversations — two extensive days of conversations in a year-end review — I expressed the same interest again and fortunately all parties were able to work out this trade," Farrell said.

## Departure backlash

- Some headlines in Toronto newspapers have not been kind to Farrell since his departure.
- "The reaction to the anger or the feelings that might emanate from this happening, I appreciate that," Farrell said. "But I would take exception with the thought that there was no intent to fulfil a contract."

The Red Sox and Blue Jays reached an agreement last weekend to allow Farrell to leave with one year left on his three-year contract. Boston sent infielder Mike Aviles to Toronto and obtained reliever David Carpenter in the deal.

Boston wanted to hire Farrell after it let Terry Francona go last year, but Anthopoulos asked for a top player in return.

In response to overtures from the Red Sox, Anthopoulos created a policy prohibiting employees from moving laterally to another organization.

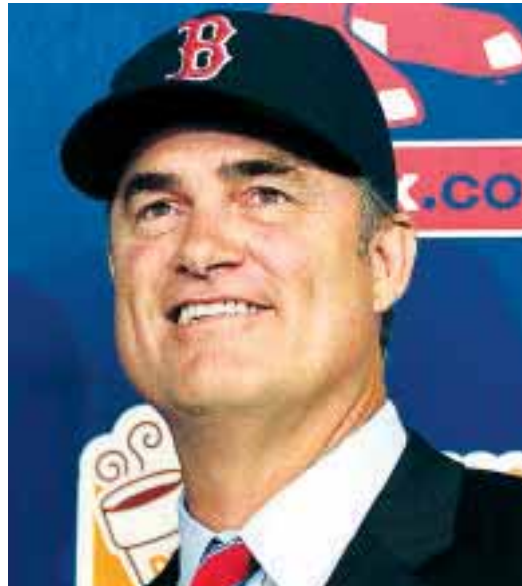
Farrell spent four seasons as the Red Sox pitching coach before he was hired by Toronto. In his opening remarks, he thanked Beeston and Anthopoulos and expressed gratitude to the organization.

"The opportunity that they provided in the two years that were spent there, it was an invaluable experience," he said. "I'll forever be indebted to the Toronto Blue Jays."

Farrell said he was always committed to the Toronto job. He added the possibility of a move came up when Anthopoulos asked him where he stood on the issue in the event the Red Sox asked about him.

"I said I would be interested in speaking to them. If you would approve it, I would be glad to speak to them and that's how it evolved," Farrell said.

THE CANADIAN PRESS



New Boston Red Sox manager John Farrell smiles during a news conference Tuesday at Fenway Park in Boston. CHARLES KRUPA/THE ASSOCIATED PRESS

# Van Riemsdyk sad to miss HNIC debut



Leafs forward James van Riemsdyk says he'd relish the chance to play on the top line "when and if we play hockey this year." STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

The worst part — or at least one of the worst parts — about this lockout as far as James van Riemsdyk is concerned is that he has missed his Maple Leafs debut on Hockey Night In Canada.

Even for a New Jersey-raised kid, that's a big deal.

"After I got traded, I had it marked off on the calendar," said van Riemsdyk. "The home opening night was against the Canadiens on Hockey Night in Canada. I was pretty fired up about it."

"I had buddies who were ready to book plane tickets and hotels and stuff and I had to tell them to wait and see ...

"It's an exciting time and Toronto seems like a great city. Hopefully we can do some great things when and if we play hockey this year."

Van Riemsdyk landed in Toronto — after about a month of workouts in Minnesota — to attend the celebrity draw master for harness racing's Breeders Crown Saturday at Woodbine.

The 23-year-old forward came to the Leafs from the Flyers this summer in a trade for defenceman Luke Schenn. He said he'd relish the chance to play centre on the top line after playing mostly left wing for Philadelphia.

TORSTAR NEWS SERVICE

## Thoughts of Europe

- With the NHL labour agreement impasse, van Riemsdyk is negotiating with Tappara of the Finnish top division.
- If the NHL and the NHLPA haven't reached an agreement in the next little while, he may well join about another 150 NHLers overseas.
- He's going to head home to Minnesota to play in a fundraiser on Sunday.

**BHi**

**FALL STANDINGS SEASON**

**BHi**

EASTERN CONFERENCE										WESTERN CONFERENCE										CO-ED DIVISION										YOUTH 3 STARS		ADULT 3 STARS	
TEAMS	GP	W	L	T	SOL	GF	GA	PTS		TEAMS	GP	W	L	T	SOL	GF	GA	PTS		TEAMS	GP	W	L	T	SOL	GF	GA	PTS					
LONDON LEAFERS	9	8	1	0	0	41	20	16		REBELS	8	8	0	0	0	47	9	16		LADIES of the NIGHT	5	4	0	0	1	14	8	9	1	COLIN SMITH	VINCE HATT		
SHOCKERS	10	7	3	0	0	38	23	14		OTHER TEAM	8	6	2	0	0	43	16	12		THUMBS UP	5	3	1	0	1	17	12	7	2	COLLE HILL	MISFITS/LADIES OF THE NIGHT		
MISFITS	9	6	3	0	0	29	20	12		THROWBACKS	8	5	1	0	2	32	17	12		FMC	5	3	2	0	0	17	8	6	3	COLE HILL	RYAN CLAWSEY		
BALL WACKERS	10	4	6	0	0	15	38	8		HOCKEY BALBOAS	10	4	6	0	0	15	41	8		HAPPY HOOKERS	5	2	2	0	1	12	14	5	2	COBRAS	THE OTHER TEAM		
WOLFPACK	9	2	6	0	1	9	24	5		HEADLESS HORSEMEN	10	3	7	0	0	28	36	6		SHELLY LAMBERT	5	2	2	0	1	11	19	5	3	KWAN SOAK O'DONNELL	PHIL BORLAND		
OUT OF GAS	9	0	9	0	0	21	44	0		ACE HOLES	8	1	6	0	1	17	47	3		NEW TEAM	5	1	3	0	1	7	17	3	3	CHIEFS	HOCKEY BALBOAS		

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## How they made it



**Giants:** Finished first in the NL West and were the league's third seed behind the Nationals and Reds. The Giants fell behind 0-2 at home in the NLDS, flying to Cincinnati where they rolled off three straight wins. In the NLCS vs. the Cardinals, the inspiration came from a dirty slide that threatened to take 2B Marco Scutaro out of the series with knee damage. The former Blue Jay bounced back to be NLCS MVP batting .500. The Giants are a record 6-0 in elimination games.



**Tigers:** Rushed past the White Sox down the stretch to win the AL Central despite just 88 wins. RH Justin Verlander is the man for the Tigers, beating Oakland twice in the ALDS and the Yankees once in the ALCS with a 0.74 ERA, averaging over eight innings per start. The A's took it to five games before Verlander shut them out. The Tigers swept the Yankees and have been on the sidelines since last Friday waiting for an opponent. Detroit's rotation has been overpowering.

TORSTAR NEWS SERVICE

# Verlander returns to Series on October roll

**Tigers' best.** Detroit ace looks to put behind early career disappointments on World Series stage

Justin Verlander's introduction to post-season baseball six years ago left him dazzled and exhausted.

Worn down toward the end of his rookie season, he made his playoff debut at Yankee Stadium. A couple weeks later, he was on the mound for Game 1 of the World Series.

"It was such a whirlwind, really, that entire season. I remember standing on the mound in old Yankee Stadium ... and growing up as a kid you see all of the post-season games and all of the magic that had happened in that stadium, and it was kind of a surreal moment for me," the Detroit ace said.

"I feel like I have pitched in big games now and understand what my body's going to be going through and what my mind is going to be going through and I am able to rein it in a little more and use it more to my advantage."

Verlander is now 29 and he returns to the Fall Classic a more mature pitcher. In three playoff starts against Oakland and the New York Yankees, he's allowed all of two runs going into Wednesday night's opening game at San Francisco.

"He's learned to handle these situations. He's learned how to stay pretty calm throughout the game in these big-game situations," manager Jim Leyland said.



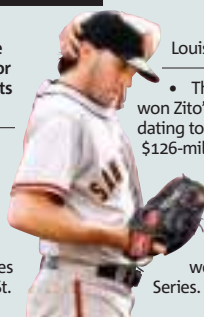
Tigers ace Justin Verlander delivers during Game 3 of the ALCS against the New York Yankees in Detroit on Oct. 16.

GREGORY SHAMUS/GETTY IMAGES FILE

## Second chance in San Francisco

Barry Zito will start the World Series opener for the San Francisco Giants Wednesday night.

- Zito's stellar outing in a 5-0 win on Friday in Game 5 of the NL championship series helped San Francisco rally from a 3-1 series deficit against the St.



Louis Cardinals.

- The Giants have won Zito's last 13 starts dating to Aug. 7. The \$126-million pitcher was left off all three rounds of the 2010 post-season when San Francisco won the World Series.

The six-foot-five right-hander makes pitching look effortless, settling into a groove early without necessarily reaching back for his triple-digit fast-

ball until the later innings.

Verlander went 24-5 in 2011, sweeping the AL MVP and Cy Young awards. Although he won only 17 games this year, his

ERA was still a sparkling 2.64.

Of course, in 2006, Verlander started Game 1 of the World Series, and the Tigers lost to St. Louis 7-2. Those travails are all but forgotten now.

On Wednesday night, Verlander will go back to work, with his usual business-like attitude and tireless approach. He still won't take anything for granted. Verlander's well aware that no matter how talented you are, anything can happen in October.

"Every game in the post-season is a must-win," Verlander said. "In the post-season we have seen some crazy things happen in this game. Just try to win every single game one inning at a time."

THE ASSOCIATED PRESS

## Roster rundown



**Giants:**

**Offence:** Have been led by the play of 2B Marco Scutaro and the voice of RF Hunter Pence. In C Buster Posey's only full season they won the 2010 World Series.

**Pitching:** RH Ryan Vogelsong has been the man in the rotation. RH Matt Cain is a workhorse, but has struggled at times, while LH Barry Zito has pitched well recently. The Giants replaced injured closer Brian Wilson with Sergio Romo, who has the beard for the job.



**Tigers:**

**Offence:** DH Delmon Young drove in the winning run in all four games against the Yankees. They boast the powerful 3-4 combo of Triple Crown winner 3B Miguel Cabrera and 1B Prince Fielder.

**Pitching:** All the talk is about RH Justin Verlander, but RH Doug Fister, RH Max Scherzer and RH Anibal Sanchez have also pitched well. They've had rest, so the longer the series, the advantage goes to Detroit. The Tigers have been forced to go to LH Phil Coke as the closer with RH Jose Valverde struggling.

TORSTAR NEWS SERVICE

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	MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT		MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT
GMC ACADIA SLE AWD	\$52,399	<b>\$41,479</b>	\$2,096	<b>\$10,920</b>	BUICK LACROSSE AWD	\$43,234	<b>\$34,979</b>	\$1,729	<b>\$8,255</b>
GMC ACADIA SLE AWD	\$49,114	<b>\$38,579</b>	\$1,965	<b>\$10,535</b>	CHEVROLET MALIBU LS SEDAN	\$26,269	<b>\$19,979</b>	\$1,051	<b>\$6,290</b>
GMC ACADIA SLE FWD	\$49,399	<b>\$38,779</b>	\$1,976	<b>\$10,620</b>	CHEVROLET ORLANDO 1LT	\$26,794	<b>\$21,979</b>	\$1,072	<b>\$4,815</b>
CHEVROLET CAMARO 2SS COUPE	\$49,559	<b>\$42,979</b>	\$1,982	<b>\$6,580</b>	CHEVROLET ORLANDO 1LT	\$26,804	<b>\$21,979</b>	\$1,072	<b>\$4,825</b>
CHEVROLET CRUZE ECO SEDAN	\$23,749	<b>\$22,779</b>	\$475	<b>\$970</b>	CHEVROLET ORLANDO 1LT	\$26,559	<b>\$21,679</b>	\$1,062	<b>\$4,880</b>
CHEVROLET CRUZE LS SEDAN	\$21,834	<b>\$21,079</b>	\$437	<b>\$755</b>	CHEVROLET ORLANDO 1LT	\$26,334	<b>\$21,220</b>	\$1,053	<b>\$5,114</b>
CHEVROLET CRUZE LS SEDAN	\$19,789	<b>\$19,379</b>	\$396	<b>\$410</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LS SEDAN	\$19,594	<b>\$18,979</b>	\$392	<b>\$615</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LS SPECIAL ED.	\$23,724	<b>\$22,879</b>	\$474	<b>\$845</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LS SPECIAL ED.	\$23,724	<b>\$22,879</b>	\$474	<b>\$845</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$23,479</b>	\$1,140	<b>\$5,020</b>
CHEVROLET CRUZE LT TURBO SDN	\$22,284	<b>\$21,379</b>	\$446	<b>\$905</b>	CHEVROLET ORLANDO 2LT	\$28,004	<b>\$22,979</b>	\$1,120	<b>\$5,025</b>
CHEVROLET CRUZE LT TURBO SDN	\$22,284	<b>\$21,379</b>	\$446	<b>\$905</b>	CHEVROLET ORLANDO LTZ	\$34,614	<b>\$28,979</b>	\$1,385	<b>\$5,635</b>
CHEVROLET CRUZE LT TURBO SDN	\$22,284	<b>\$21,379</b>	\$446	<b>\$905</b>	BUICK REGAL E-ASSIST	\$38,929	<b>\$31,479</b>	\$1,557	<b>\$7,450</b>
CHEVROLET CRUZE LTZ TURBO SDN	\$30,589	<b>\$29,479</b>	\$612	<b>\$1,110</b>	BUICK REGAL GS	\$45,834	<b>\$37,579</b>	\$1,833	<b>\$8,255</b>
BUICK ENCLAVE CXL FWD	\$53,834	<b>\$42,979</b>	\$2,153	<b>\$10,855</b>	BUICK REGAL TURBO	\$38,274	<b>\$32,779</b>	\$1,531	<b>\$5,495</b>
CHEVROLET EQUINOX LS FWD	\$28,524	<b>\$24,679</b>	\$570	<b>\$3,845</b>	GMC SIERRA CREW 4WD	\$51,294	<b>\$35,479</b>	\$3,078	<b>\$15,815</b>
CADILLAC ESCALADE ESV AWD	\$100,749	<b>\$82,979</b>	\$6,045	<b>\$17,770</b>	GMC SIERRA CREW 4WD	\$44,579	<b>\$31,279</b>	\$2,675	<b>\$13,300</b>
CHEVROLET SONIC LTZ SEDAN	\$23,674	<b>\$22,279</b>	\$473	<b>\$1,395</b>	GMC SIERRA SLE 2500 REG 4WD	\$47,604	<b>\$36,979</b>	\$2,856	<b>\$10,625</b>
CHEVROLET SONIC LTZ SEDAN	\$23,674	<b>\$22,179</b>	\$473	<b>\$1,495</b>	CHEVROLET SONIC LS SEDAN	\$18,789	<b>\$17,679</b>	\$376	<b>\$1,110</b>
CADILLAC SRX AWD	\$49,254	<b>\$40,979</b>	\$1,970	<b>\$8,275</b>	CHEVROLET SONIC LT 5-DOOR	\$22,014	<b>\$20,579</b>	\$440	<b>\$1,435</b>
CHEVROLET TRAVERSE 1LT FWD	\$41,744	<b>\$31,979</b>	\$1,670	<b>\$9,765</b>	CHEVROLET SONIC LT 5-DOOR	\$21,529	<b>\$20,179</b>	\$431	<b>\$1,350</b>
CHEVROLET TRAVERSE 1LT FWD	\$43,134	<b>\$33,279</b>	\$1,725	<b>\$9,855</b>	CHEVROLET SONIC LT 5-DOOR	\$21,634	<b>\$20,179</b>	\$433	<b>\$1,455</b>
CHEVROLET VOLT	\$45,859	<b>\$35,279</b>	\$917	<b>\$10,580</b>	CHEVROLET SONIC LT SEDAN	\$27,089	<b>\$24,479</b>	\$542	<b>\$2,610</b>
CHEVROLET SONIC LS 5-DOOR	\$17,339	<b>\$16,479</b>	\$347	<b>\$860</b>	CHEVROLET SONIC LTZ 5-DOOR	\$24,174	<b>\$22,779</b>	\$483	<b>\$1,395</b>
CHEVROLET SONIC LS 5-DOOR	\$19,789	<b>\$18,679</b>	\$396	<b>\$1,110</b>	CHEVROLET SONIC LTZ SEDAN	\$24,054	<b>\$22,479</b>	\$481	<b>\$1,575</b>
					CHEVROLET SILVERADO EXT 4WD	\$39,419	<b>\$27,979</b>	\$2,365	<b>\$11,440</b>
					CHEVROLET SILVERADO EXT 4WD	\$40,879	<b>\$28,979</b>	\$2,453	<b>\$11,900</b>

## COMPANY DEMONSTRATORS

	MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT		MSRP	SALE	AVERAGE DISCOUNT	OUR DISCOUNT
CADILLAC CTS 3.0L SEDAN	\$42,634	<b>\$30,995</b>	\$1,705	<b>\$11,639</b>	CHEVROLET EQUINOX LTZ FWD	\$39,079	<b>\$32,995</b>	\$1,563	<b>\$6,084</b>
CADILLAC CTS 3.0L SEDAN	\$51,979	<b>\$38,995</b>	\$2,079	<b>\$12,984</b>	CHEVROLET ORLANDO 2LT	\$28,499	<b>\$21,995</b>	\$1,140	<b>\$6,504</b>
CHEVROLET EQUINOX 1LT FWD	\$33,659	<b>\$27,695</b>	\$1,346	<b>\$5,964</b>	CADILLAC SRX LUXURY PKG.	\$49,849	<b>\$39,995</b>	\$1,994	<b>\$9,854</b>
CHEVROLET CRUZE LS SEDAN	\$21,239	<b>\$19,995</b>	\$425	<b>\$1,244</b>	CADILLAC CTS 3.6L COUPE	\$50,919	<b>\$38,995</b>	\$2,037	<b>\$11,924</b>
GMC YUKON SLT 4WD	\$70,159	<b>\$49,979</b>	\$4,210	<b>\$20,180</b>	CHEVROLET CRUZE ECO SEDAN	\$24,519	<b>\$23,495</b>	\$490	<b>\$1,024</b>

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# Escape in the 2013 Malibu



ALL PHOTOS WHEELBASE

## Green option

For buyers with a green streak, the Malibu Eco features a 182-horse 2.4-litre four-cylinder and a special 15-horsepower electric motor/generator that adds "eAssist" via a belt drive during acceleration and passing. Called a "mild hybrid" because the Malibu Eco cannot run on electric power alone.



The trunk is very spacious

## 2013 Chevrolet Malibu

- **Type.** Four-door, front-wheel mid-size sedan.
- **Engines (hp):** 2.5L DOHC I4 (197), 2.0L DOHC I4 (259), 2.4L DOHC I4 with 15kw motor (182, net)
- **Transmission.** Six speed auto.
- **Base price (incl.destination).** \$26,500

## Interior styling

Cabin styling, which was the previous Malibu's strong suit, hasn't veered off course for 2013. The dual cockpit-style seating arrangement, with its wrap-around dashboard and centre stack, returns in roughly the same format, but the controls and switches are laid out in a more straightforward fashion.

## Design

On the outside, the Malibu's athletic lines reveal a more prominent grille and Camaro-influenced taillights at the opposite end. The range-topping LTZ is upgraded with brighter high-intensity discharge (HID) headlights and faster-acting light-emitting diode (LED) taillights.

**MALCOLM GUNN**  
Wheelbase Media

To be a mid-sized sedan in this day and age means that you actually have to be a lot more than just a mid-sized sedan.

You have to have a super-attractive entry price. You also have to show that you like clean air, trees and fluffy rabbits romping in fields. And,

you have to be sporty enough for moms and dads who gave up their two-door cars when the stork came calling. But, since you can't really put all of that together in one car, the Malibu — and others in this class — have separate models to take care of a broad buyer base.

Once considered somewhat plain and uninspiring in a rental-fleet sort of way, the Malibu

regained its groove for the 2008 model year with sharp styling, thoughtfully designed interior appointments and competent road manners. The reviews bordered on gushing, sales spiked and the mid-size Chevy was walking proud again. The new 2013 Malibu has been repurposed for new challenges and increased sedan-class competitiveness. From top to bottom it's a completely different

car, starting with a more rigid platform based on the Opel Insignia (also part of GM).

Exterior dimensions are closely aligned with the outgoing Malibu, except for about 11.5 centimetres of shrinkage between the front and rear wheels. Despite this deficit, most key passenger- and cargo-area measurements, except legroom, have actually increased. The speedometer and

tachometer gauge pods are located in what are clearly Chevrolet Camaro-inspired housings. As with other recently launched GM sedans, the Malibu comes with 10 standard airbags, including front-knee inflatables.

In short, the 2013 Malibu offers a variety of models to a diverse group of buyers. Welcome to the modern mid-size sedan.

5 DRIVE

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## Be wary how winter taxes your fuel intake

Part of being a smart, safe, fuel-efficient driver includes knowing how to achieve good results even in the worst weather. Did you know, for example, that the combined effects of various conditions

can increase fuel consumption more in winter than summer? While it may sound obscure, when you break it down it really makes sense.

- Drivers should expect higher fuel consumption in cold weather. The U.S. Environmental Protection Agency (EPA) found that a drop in temperature from 24 C to 7 C increased fuel consumption in urban commutes by 12 to 28 per cent.

- Aerodynamic resistance is greater in winter. Cold, dry winter air is about 12 per cent denser than warm, humid summer air, increasing highway fuel consumption by about 1.3 per cent in winter. The average wind speed is also higher in winter, which contributes to increased aerodynamic resistance and fuel consumption.

- Winter roads create difficult driving conditions. Roads tend to be rougher in the winter, with increased asphalt deterioration and a mix of snow, ice, slush, water, salt, gravel,



Ice and snow means more money spent at the pump. iStock

and sand. The engine works harder to offset the increased rolling resistance, as the tires must push aside heavy snow and road cover. The snow and ice also increase wheel slippage, which results in higher fuel consumption. U.S. EPA data shows that fuel consumption can increase from seven to 35 per cent as a result of poor road conditions, depending on the surface type and snow load.

- Winter gas normally has lower energy density. Gasoline composition is seasonally and geographically adjusted based on historical temperature data. A litre of winter gas has less energy

than a litre of summer gas, typically in the range of 1.5 to three per cent. Diesel fuel is similarly affected.

- Winter driving taxes the vehicle's electrical system. Except for using air conditioning on hot summer days, a vehicle's electrical loads are normally higher in cold weather due to greater demand from heating, defrosting, heated seats, heated mirrors and increased use of the windshield wipers and washer pump. The energy for these electrical loads is provided by the vehicle's electrical system, which obtains power from the engine.

NEWS CANADA

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## Horoscopes

### Aries

March 21 - April 20

You are rarely subtle in the way you say things and today you will speak your mind without fear or favour. Leave others in no doubt at all that you are not amused by what has been going on of late.

### Taurus

April 21 - May 21

Not everyone can live up to your exacting standards, so make allowances for those whose efforts fall short of the mark. The quality you most need to develop is patience. It won't be easy but it can be done.

### Gemini

May 22 - June 21

You need to slow down and take life at a more leisurely pace. The planets warn that mistakes will be made unless you think things through carefully over the next few days. Remember, your health always comes first.

### Cancer

June 22 - July 23

You have much to look forward to over the next few weeks, so don't waste time or energy on things that no longer matter. Whatever yesterday's problems were, it's time to put them out of your mind forever.

### Leo

July 24 - Aug. 23

Keep telling yourself that you are supposed to make mistakes and that it's not necessarily bad when things go wrong. The important thing now is that you learn from setbacks and make sure they don't happen again.

### Virgo

Aug. 24 - Sept. 23

What someone is saying about you is designed to make you feel bad about yourself, but you don't have to play their silly game. You know what you are capable of. You are perfect just the way you are.

### Libra

Sept. 24 - Oct. 23

Find ways to streamline your daily routine so you have more time for personal matters such as affairs of the heart. Most likely you are doing things for other people that they should be doing for themselves. Enough is enough.

### Scorpio

Oct. 24 - Nov. 22

Play by the rules and don't give your enemies an opportunity to catch you out. If you demand the highest standards of other people, they have the right to demand the highest standards of you.

### Sagittarius

Nov. 23 - Dec. 21

Someone who has a lot of charm will make a big impression on you today but are they as nice as they look? If your sixth sense tells you to be on your guard, you would be wise to listen to it.

### Capricorn

Dec. 22 - Jan. 20

Forget about tomorrow and focus on what you are supposed to be doing right now. Take each day as it comes and tackle a single task at a time. One small task completed is better than ten big tasks left unfinished.

### Aquarius

Jan. 21 - Feb. 19

Stop worrying that the sky is about to fall and start doing the things that will make your existence more secure. For starters, you should be pushing ahead with a creative project. Time's running out.

### Pisces

Feb. 20 - March 20

A loved one is in need of cheering up and you are the one who can help. Make it your business to put the smile back on their face and, in doing so, your own worries will fade away too. **SALLY BROMPTON**

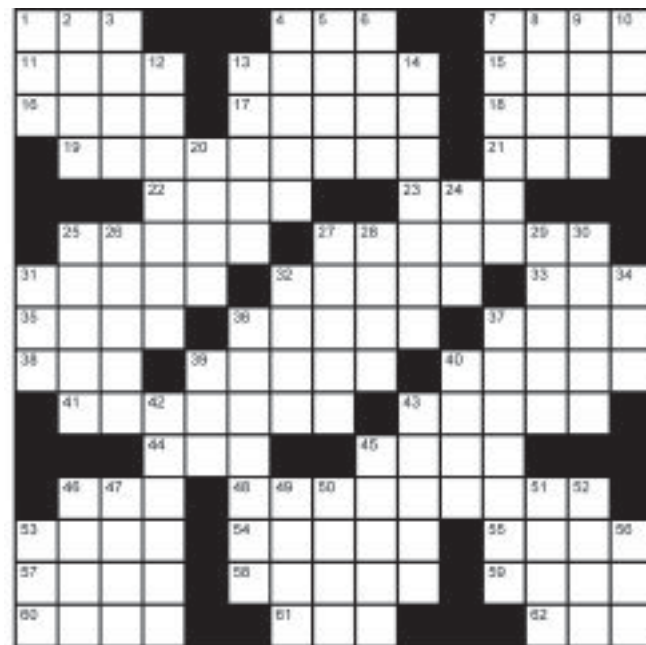
## Two Cities, One Rocker, and Stuff for Walls

### Across

- Parliamentarians
- African antelope also known as a wildebeest
- Not this
- Comic Sandler
- French coin replaced by the euro
- Nevada's "The Biggest Little City in the World"
- Crafty
- Starbucks order
- Sandwich cookie
- Saskatchewan's largest city
- Body part right above the neck
- Benedict XVI or John Paul II
- \_\_\_ la la
- Egyptians and Iraqis
- Home of the Argo-nauts
- Wonderland girl
- With \_\_\_ breath: anxiously
- Basis for a Quaker cereal
- Small inlet
- Ancient Celtic priest
- "Are not!" playground retort (2 wds.)
- Before: poetic
- Years 13 through 19
- Peaks of perfection
- See 24-Down
- Bows one's head in church
- Deity
- Street
- Windsor product
- Wallpaper alternative
- One of the Great Lakes
- By oneself

### Down

- PC alternative
- BlackBerrys and Palm Pilots
- A long tale such as *Beowulf*
- Prepare parmesan
- Mutual defense org. to which Canada and the US belong
- "Do \_\_\_ others as you would ..."
- Like the famous wooden horse
- Jealous wife of Zeus
- All over again
- Also
- Facebook competitor
- Airplane wing parts
- Moved to the middle
- Basketballer Bryant
- With 41-Across, "Maggie May" or "Do Ya Think I'm Sexy?" singer
- Then: Fr.
- Blue jeans reinforcement
- Tease
- Lex's *Superman* sidekick
- The Who's pinball wizard
- Desert rest stops



- Top card
- Uncle Remus character \_\_\_ Rabbit or Bear
- How-\_\_\_: instruction manuals
- Poker-faced
- Early French Canadian
- Deuce
- Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
- Entrance's opposite
- North and South \_\_\_
- Sign up for more magazine issues
- They were among the original inhabitants of Ontario
- Assistant
- "Sad to say..."
- Iditarod's Alaska terminus
- Must-have item
- Bull ring wound
- Be on the wane
- At present

## Yesterday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

7	4	5	9	8	2	3	1	6
6	2	1	7	3	5	4	9	8
8	3	9	1	4	6	2	7	5
2	6	3	5	7	4	1	8	9
9	1	8	9	2	3	5	4	7
4	5	7	6	9	1	5	3	2
3	7	6	4	5	9	8	2	1
1	8	4	2	5	7	9	5	3
5	9	2	3	1	8	7	6	4

**Today**  
17°/13°  
Cloudy

**Thursday**  
21°/7°  
Mainly sunny

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